

Help! I Feel Ashamed—Sue Nicewander

Supplemental Chart (Not printed in second edition booklet by Shepherd Press)

The chart below illustrates how exercising humility simultaneously despises shame because the two are mutually exclusive. You cannot be humble and full of shame at the same time. To choose one is to exclude the other.

PRINCIPLE	HUMILITY	SHAME
Perception of God	Believes God's character is good	Believes God is distant and uncaring, or harsh and punitive
Meaning in life	Focuses biblically and submits to God's purposes; pursues meaningful direction	Focuses on and submits to self-condemnation; feels meaningless
Motivation and source of truth	Hears and embraces God's Word	Hears negativity and dwells on hardship
Example	Follows Christ's example	Follows fear and doubt
Theology of suffering	Recognizes the value of suffering in God's will	Doubts God for allowing suffering
Responses to persecution	Endures by faith, counts it joy	Weeps without hope, and seeks escape
Attitude	Gives thanks in hard times	Negative thinking; wallows
Liberty	Free in Christ	Imprisoned in itself
Self-image	Sees worth in Christ	Sees self as worthless but craves self-worth
Focus	Focuses on Christ and the gospel	Focuses on fear and injustice
Desires	Craves God's honor	Craves something for self
Fear	Fears God and stands in awe of him	Fears man's actions and opinions, fears the future
Love	Understands God's love is freely given, based on Christ's sacrifice and God's character	Thinks God's love is unattainable, based on human character